



"The Regina Qu'Appelle Health Region Online Newsletter."

**June 18, 2009**

*The showcase acts as a forum for researchers to share information, recognize innovative work, and network with peers in a variety of disciplines.*

## **What's inside**

- **H1N1 influenza virus update**
- **Government House honours paramedics**
- **Towns get ready to welcome Philippine recruits**

## **Research Showcase a success**

More than 130 researchers and health care stakeholders attended Research and Performance Support's third annual Research Showcase at the Radisson Plaza Hotel Saskatchewan on June 5. The showcase acts as a forum for researchers to share information, recognize innovative work, and network with peers in a variety of disciplines. This year, the event consisted of 65 poster presentations on research conducted within, or affiliated with, the Region. The keynote speaker was Willie Ermine, a faculty member in Humanities and Indigenous Studies with the First Nations

University of Canada and a member of the Sturgeon Lake First Nations. He discussed the concept of ethical space in research involving First Nations people, emphasizing that human research requires both sides to relate to each other as human beings, rather than as institutional, or organizational, representatives.

The showcase also allows RQHR to recognize local research initiatives. The following three projects received an Award of Excellence, consisting of a plaque and a \$500 research bursary to help disseminate the winners' research outside of RQHR:

- Zack Dumont, Lynette Kolodziejak, Nicole Bidwell, and Alex Martinson for the study on *Interventions in a Medical Teaching Unit: Effect of a Pharmacist Attending Rounds versus Reactive Patient Care Efforts (INTERVENE)*;
- Casey Phillips, Dufton Lewis, and Dr. William Semchuk for *Pharmacy Critical Care Pilot Project: The Addition of a Pharmacist in Emergency Department*; and,
- Rita Nguyen and Sharon Bishop for the study titled *A Comparative Analysis of the Results of Vertebroplasty and Kyphoplasty in Osteoporotic Vertebral Compression Fractures*.

Three projects were also recognized with an honourable mention:

- Brenda Fry, Ashlee Mulligan, and Cory Brossart for *Evaluating the Accuracy of the Temporal Thermometer in Ambulance Usage*;



**More than 130 people attended this year's Research Showcase.**

Photo credit: Medical Media Services

## H1N1 influenza virus update

RQHR continues to monitor the H1N1 influenza virus (human swine influenza) situation as the virus circulates throughout the Region and worldwide. To date, H1N1 influenza cases in RQHR have been predominantly mild and tend to affect younger people. A number of patients with a mild form of the illness have been briefly hospitalized. We continue to monitor for more serious cases which we expect will arise as H1N1 influenza becomes more prevalent in the community.

The Pandemic Steering Committee is refining the Region's pandemic plan and has been participating in a series of meetings with the Southern Saskatchewan Pandemic Forum, the Ministry of Health, and the Health Region's management groups in an effort to learn from the experiences of the past six weeks.

For details on the work of RQHR's Pandemic Steering Committee, go to the Intranet home page, then click on Committees/Teams, followed by Pandemic Steering Committee (click [here](#)). For details on H1N1 influenza and updates on the provincial situation, go to Saskatchewan Health's home page and click on the link (click [here](#)).

## Government House honours paramedics

Three Health Region paramedics were among dozens of emergency medical service personnel recognized for their service this week at a ceremony at Government House. Lt.-Gov. Gordon Barnhart presented David Reed, Ross Reaburn and Glenn Richter with Governor General of Canada Emergency Medical Services Exemplary Service Medals and the Provincial Stars of Life awards. The exemplary service medal is the highest honour a Canadian paramedic can receive. Reed was honoured for his 20 years of service. Reaburn and Richter - who were both previously honoured for 20 years of service - received a bar recognizing an additional 10 years of work.

## Take Action Against Stress: Relax

### Relaxation & Stress Techniques: Part 2

These basic relaxation and stress management techniques will bring you the renewal and refreshment you need to enhance your performance in the moment and over the long-term.

#### Relaxation & Stress Management Technique #3:

##### Deep Muscle Relaxation:

Beginning at your forehead and proceeding down the body to the toes, tense and relax each individual muscle group twice in turn. Order of motion: forehead; eyes and nose; lips, cheeks and jaws; hands; forearms; upper arms; shoulders; back; stomach; hips and buttocks; thighs; feet; and toes.

#### Relaxation & Stress Management Technique #4:

##### Sensory Awareness:

Take yourself on an imaginary guided tour of special calm and quiet places. Begin by focusing on your breathing. Take a walk through the woods on a crisp autumn day, through the city in the rain, through several of your favorite places in the world. Move from the imaginary world back to the present.

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E: [info@patkatz.com](mailto:info@patkatz.com) W: [www.patkatz.com](http://www.patkatz.com)



Employee Health & Safety Services



### Perinatal Rounds (Alberta)

#### Delayed Cord Clamping

Presenter: Dr. Rodger Turnell

Tuesday, June 23

7:45 – 9 a.m.

Telehealth Suite 3B, RGH

### Perinatal Outreach Program (Ontario)

#### Baby Talk, Lessons from the NICU: Neonatal Hyperbilirubinemia

Presenter: Dr. Manar Allawama,

Fellow, NICU, St. Joseph's

Health Care London

Tuesday, June 23

12 noon – 1 p.m.

Telehealth Suite 3B, RGH

### Psych Grand Rounds (Regina)

#### Brain Injury and Psychiatric Co-Morbidity

Presenter: Milena Markovski, FMR2

Tuesday, June 23

12 noon – 1 p.m.

Meeting Rooms 7 & 8, RGH

RSVP 3 days prior to the event to Telehealth Message Manager at 766-3400 or e-mail: [telehealth@rqhealth.ca](mailto:telehealth@rqhealth.ca). Rural sites: call your Telehealth contact.

## Research, cont'd

- Andrew West, Dr. Debbie Burton, and Ali Bell, for *The Association of Body Mass Index with Airway Obstruction in Non Asthmatics: Implications for the Inaccurate Differential Diagnosis of Asthma in Obesity*; and,
- Dr. Patricia Tai, Dr. Edward Yu, and Dr. Kurian Joseph for *Prognostic Significance of Number of Positive Nodes: A Long-Term Study of 1-2 Nodes Versus 3 Nodes in Breast Cancer Patients*.

Congratulations to the award recipients. We look forward to seeing new research initiatives at Research Showcase 2010.

## Towns plan for nurses; recruits to arrive by fall

The community of Whitewood is rolling out the welcome mat. By late summer, when the wheat is ripe and there's a chill in the air, this town of 1,000 will warmly welcome two nurses from the Philippines into its fold.

"We are very pleased to be bringing them to our community," said Whitewood Mayor Malcolm Green.

Whitewood is reaping the benefits of RQHR's January trip to the Philippines, which resulted in the hiring of 72 registered nurses (RNs) to work in hard-to-recruit positions.

Forty-two RNs signed on to work in urban centres in critical care, acute care, operating rooms, medical/surgical areas, long-term care and for the gastro investigational and endoscopy units.

Thirty more – expected to begin arriving in late August – plan to work in rural hospitals, health centres and long-term care facilities in Whitewood, Balcarres, Broadview, Grenfell, Imperial, Indian Head, Les-tock, Montmartre, Moosomin, Raymore, Fort Qu'Appelle and Wolseley. Hiring the RNs is just the beginning, said Green.

"Our community needs nurses, and we want them to stay. We will help make their transition as smooth as possible, and will do as much as we can to make them feel comfortable in the long term."

Like the other rural communities expecting Philippine nurses, Whitewood has formed a committee to oversee the RNs' arrival. The committee includes representatives from the town, the Roman Catholic Church,

Whitewood Community Health Centre, Whitewood Housing Authority and the local Philippine and teaching communities.

Plans are already taking shape. Members of the committee have e-mailed the women to provide them with information on the town.

They intend to meet the RNs at



**Whitewood's committee to oversee the arrival of Philippine nurses includes (from left to right) Nerisa Domingo, Barbara Vennard, Malcolm Green, Martin Davenport, Carol Armstrong and Muriel Beutler. They are photographed on the town's main street.** Photo credit: Paul Austring

the airport when they arrive, bring them to Whitewood for a one-day meet-and-greet before the women conclude their orientation in Regina, and officially welcome them to the town with a small event – so as not to overwhelm them.

Accommodations are already set. The women will be staying in the home of a health centre employee – an arrangement they requested. To ease their move, their fridge will be filled and their pantry will be stocked with household supplies.

"Once here, we will have people from the church meeting with them and people from the financial institutions helping them get

their banking set up and teaching them about credit and taxation," said Green. They will also meet a woman from the Philippines who's working in the area as a nanny, who has agreed to help them adapt to their new home.

In addition to preparations at the local level, the Health Region is taking measures to ease the way for the new staff. Before the

nurses move to their rural homes, they will undergo a four-week program in Regina, which includes participating in Health Region and nursing orientation programs, preparing for the Canadian Registered Nursing Exam, taking part in unit mentoring, and participating in workshops, skills labs, and classes designed to meet their needs.

To smooth the nurses' way into the workplace, at least two will be sent to each community. Once there, they will be teamed with nurse mentors "who will share their knowledge and skills with these nurses,"

said Karen Earnshaw, interim executive director of Rural Facilities for the Health Region. "We are also organizing educational workshops for the RNs and providing cultural diversity training for all of our staff."

To prepare the communities, the Health Region has organized a presentation by the Regina Open Door Society and Immigration Canada to give them the tools they will need to welcome the newcomers.

Earnshaw said the towns have been extremely supportive of this initiative. "They understand that to maintain their services they need RNs, physicians and people to work in their labs."



### Immunization Week gift card winner

Verity Willway, RQHR public health nurse (on right), recently presented Amanda Genaille and daughter Ryder (on left) with a Walmart gift card. Amanda won the card after entering her name into a draw during National Immunization Week, April 25-May 2. People who either attended Population and Public Health Services child health clinics or viewed immunization displays at Regina Walmarts were eligible to enter. Prizes were donated by Walmart. Photo courtesy of Barb Blackmer.

### Philippine recruits, cont'd

"They also understand that bringing nurses from the Philippines to work in rural communities is not the same as hiring someone from Alberta.

"These RNs are coming from a different culture, relocating to a completely different socio-economic situation, and a completely different climate. Their definition of rural and ours is far apart: they come from a population of 90 million. They know about nursing, but they don't know about nursing in Canada, or nursing in rural Saskatchewan. This will be foreign to them."

Added Penny Watson, rural project manager, "They will also be lonely. These are very family-oriented people."

Green recognizes the RNs' challenges and wants to ensure their move is a successful one. That's why the committee will be working with the community to ensure that as many people as possible are involved in greeting the RNs.

"So that they feel that White-wood is home, that everyone is welcoming them here."

### Open house and tour of new location

Kidney Health Centre and Anticoagulation Management Services have moved to a new community location to better serve clients.

**Join us for the Open House and Tour:**  
**June 19, 2009, 2 p.m., 2:30 p.m. Ribbon Cutting**  
**253 Albert St. North (one block south of the Northgate Mall)**  
 Refreshments will be served.



### Notice of Meeting

The Regina Qu'Appelle Regional Health Authority is the governing body of your Health Region, and conducts its regular monthly business meetings in public.

**Special Presentation:**  
 • Moosomin Laboratory & the Electronic Medical Record

Everyone is welcome to attend and observe.

**Wednesday, June 24, 2009**  
**7 p.m. to 9 p.m.**  
**Legion Hall**  
 712 Main Street, Moosomin, Saskatchewan

For more information about the Regional Health Authority visit our website at [rqhealth.ca](http://rqhealth.ca)

For more information contact: (306) 766-5727

### RQHR Annual Golf Tournament

**June 20**  
**Sherwood Forest Country Club -**  
**Tee off at 7 a.m.**  
 18 holes; carts supplied; lunch; \$55 per golfer  
 To register, contact Don Heenan at 766-2224 or [don.heenan@rqhealth.ca](mailto:don.heenan@rqhealth.ca)